



# Italian Tomato Salad

with Grated Parmesan & Pine Nuts

Grab your Meal Kit with this symbol



Pine Nuts



Tomato



Red Onion



Mixed Salad Leaves



Grated Parmesan Cheese



Basil



Balsamic & Olive Oil Dressing

 Hands-on: 10 mins  
Ready in: 10 mins

They say the simple things are often the best, which is why this side salad is one of the best, easiest salads you'll ever make! Our popular balsamic dressing turns the flavour factor up, while toasted pine nuts add a superb crunch to every bite.

## Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

### You will need

Small frying pan

### Ingredients

	2 People
olive oil*	refer to method
pine nuts	1 packet
tomato	3
red onion	1
basil	1 bunch
mixed salad leaves	1 bag (60g)
grated Parmesan cheese	1 packet (30g)
balsamic & olive oil dressing	drizzle

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	774kJ (185Cal)	227kJ (54Cal)
Protein (g)	9.3g	2.7g
Fat, total (g)	8.6g	2.5g
- saturated (g)	2.8g	0.8g
Carbohydrate (g)	15.4g	4.5g
- sugars (g)	13.3g	3.9g
Sodium (g)	156mg	46mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Toast the pine nuts

Heat a small frying pan over medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**.



### 2. Get prepped

While the pine nuts are toasting, thinly slice the **tomato** into rounds. Very thinly slice the **red onion**. Thinly slice the **basil**.



### 3. Toss the salad

In a medium bowl, combine a **drizzle** of **olive oil** and a **generous pinch** of **salt** and **pepper**. Add the **mixed salad leaves**, **tomato**, **onion** and **grated Parmesan cheese**. Toss to coat.



### 4. Serve up

Divide the Italian tomato salad between plates. Drizzle over the **balsamic & olive oil dressing** and sprinkle with the pine nuts. Garnish with the basil.

**Enjoy!**

**TIP:** Add less onion if you're not a fan of the raw flavour.